

HIV & STD Prevention



3D Marines

Objectives

- **List 5 different STDs.**
- **Discuss how HIV is transmitted.**
- **Describe methods to reduce risk of HIV/STDs.**
- **Describe the relationship between alcohol and HIV/STDs.**



What do STD and VD mean?

- S
- T
- D

- V
- D



What do STD and VD mean?

- Sexually Transmitted Disease
- Venereal Disease



What are some STDs/VD?

- Chlamydia
- Gonorrhea (GC)
- Herpes
- Venereal Warts
- Syphilis
- Hepatitis
- HIV (AIDS)



Why do we need to know about STDs?

- STDs are an epidemic among young adults
- STDs are common in foreign ports
- Some STDs are resistant to drugs
- STDs can be passed to women & babies
- STDs can cause permanent damage, including death!



GONORRHEA



3D Marines

What is gonorrhea?

- *Gonorrhea, also known as "the clap," is a curable infection caused by the bacteria **Neisseria gonorrhoea**.*



The bacteria can infect;

The anus and distal rectum

The urethra

The femal vagina/cervix

The mouth and the pharynx

The eyes





- *The urethras of men and women*
- *The uterine cervical canal and tubes*

- ***The urethra***

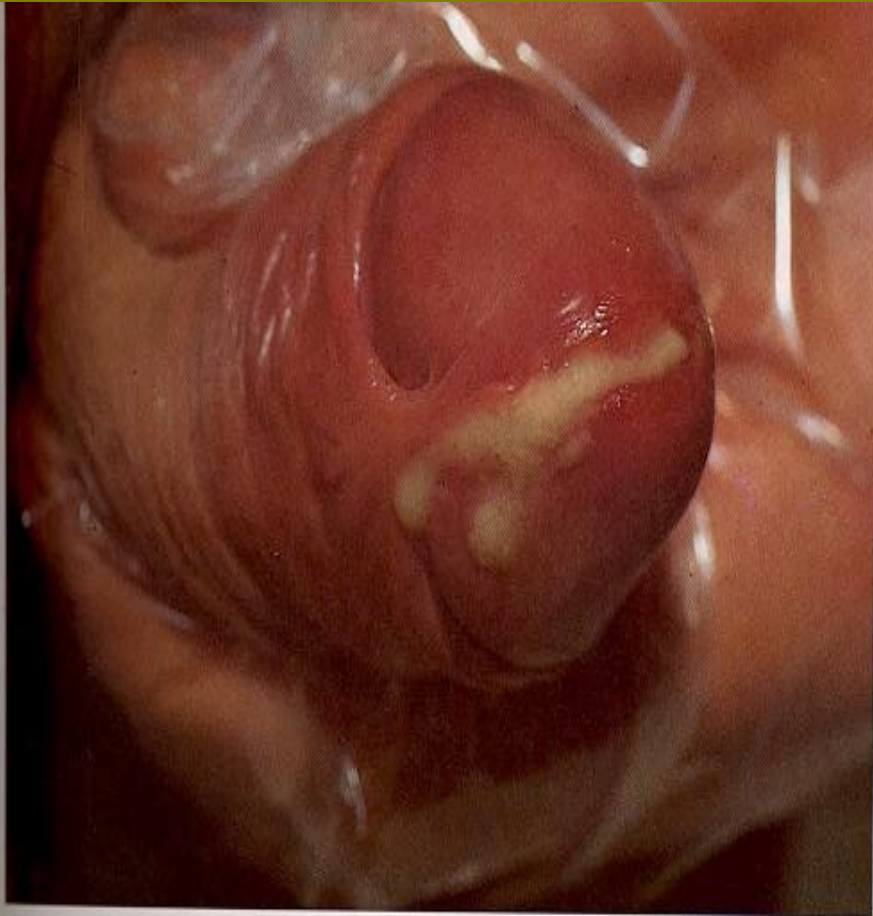


Plate 1. Gonococcal urethritis. Note profuse purulent urethral discharge and meatal erythema.





- *The conjunctiva in the eye*



How can I get gonorrhea?

- *Gonorrhea is transmitted by oral, vaginal, or anal sex.*
- *can be passed even if the penis or tongue does not go all the way into the vagina, mouth or rectum, and even if body fluids are not exchanged.*
- *can be passed from mother to newborn as infant passes through the infected birth canal.*



What are the symptoms of gonorrhea?

- Most men exhibit symptoms within two days to five days after exposure, with a possible range of one to 30 days
- Although most women infected will remain asymptomatic (without symptoms), women who develop symptoms will do so within 10 days of infection



- Men may be asymptomatic (without symptoms) but most will experience:
 - *Discharge from the penis*
 - *Burning or pain when urinating (peeing)*
 - *Urinating more often than usual*

- Women are usually asymptomatic (without symptoms) but might experience:
 - *Discharge from the vagina*
 - *Pain during sex*
 - *Burning or pain when urinating (peeing)*
 - *Abdominal pain or abnormal vaginal bleeding (may be an indication that the infection has progressed to PID).*



Why worry about gonorrhea?

Untreated gonorrhea infections in men may lead to:

- Sterility (unable to have children)
- Epididymitis (inflammation of the epididymis, the elongated, cord-like structure along the posterior border of the testes)
- Prostatitis (inflammation of the prostate gland)
- Scar tissue can develop that can lead to urethral stricture (a narrowing or closing of the urethra)



Untreated gonorrhea infections in women may lead to:

- ✓ Pelvic inflammatory disease (PID), which can make a woman sterile (unable to have children)
- ✓ Chronic menstrual problems
- ✓ Post-partum endometritis (inflammation of the endometrial lining after child birth)
- ✓ **Tubal (ectopic) pregnancy**
- ✓ Spontaneous abortion (miscarriage)
- ✓ Cystitis (inflammation of the bladder)



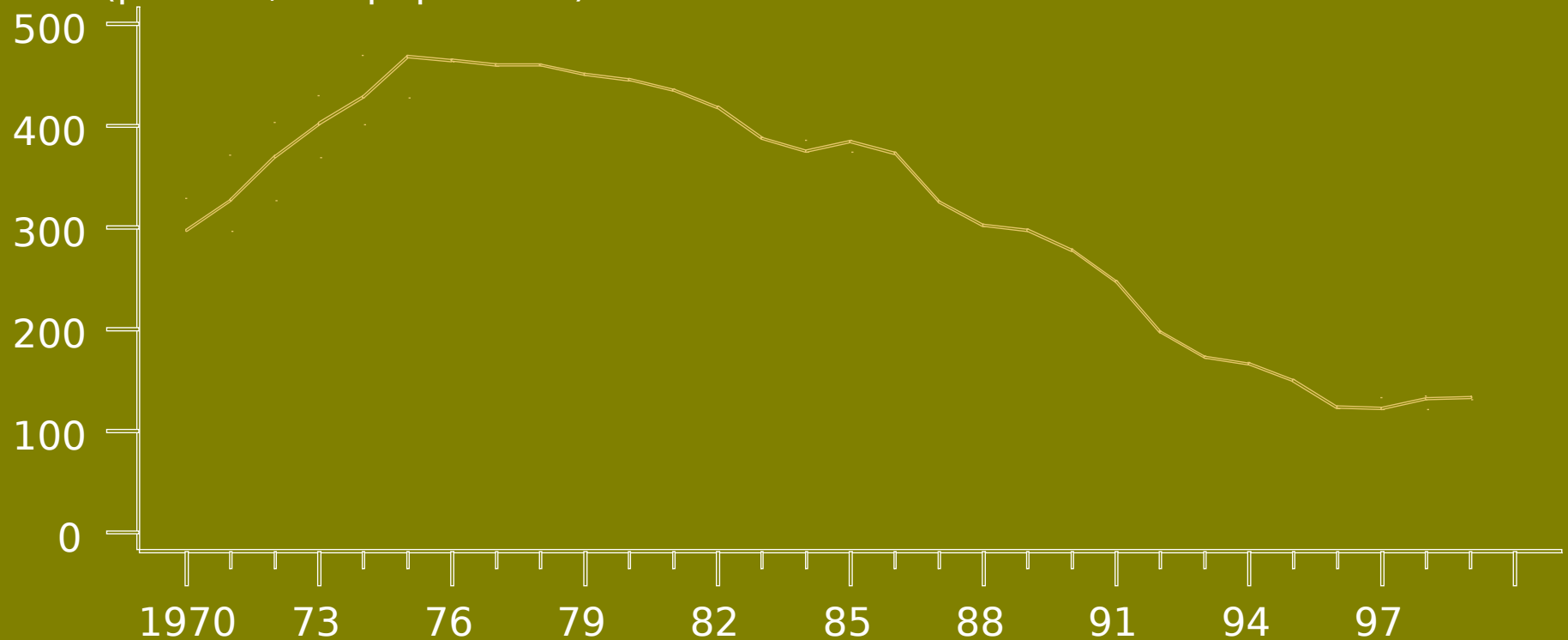
TREATMENT

- **GO SEEK MEDICAL ATTENTION**
- **DON'T WAIT**
- Drug therapy
 - FOLLOW UP WITH MEDICAL
 - DON'T SHARE MEDICATIONS



Gonorrhea reported rates

Rate (per 100,000 population)



3D Marines

CHLAMYDIA



3D Marines

What is Chlamydia?

- Chlamydia is a curable infection caused by the bacteria *Chlamydia trachomatis*.



How common is chlamydia?

- In the United States, chlamydia is the most common bacterial sexually transmitted disease (STD), particularly among sexually active adolescents and young adults.
- Usually between the ages 19-29
- More common in women than men



How can I get chlamydia?

- anal or vaginal sex.
- less likely to be transmitted through oral sex.
- can be passed even if the penis or tongue does not go all the way into the vagina, mouth or rectum, and even if body fluids are not exchanged.
- from mother to newborn as the baby passes through the infected birth canal.



What are the signs and symptoms of chlamydia?

- May start with an initial sore/lesion on the skin of the genital/anal region.
- Swelling of the lymph nodes may later develop
- Painful & frequent urination
- Penile/vaginal discharge
- Fever & chills

Most women and some men do not experience any symptoms of a chlamydia infection!



Why worry about Chlamydia?

Untreated Chlamydia infections in women may lead to:

- ✓ Pelvic Inflammatory Disease (PID). PID is a serious infection of a woman's reproductive organs, which requires hospitalization.
- ✓ Infertility



Why worry about Chlamydia?

- Untreated chlamydia in men, may experience:
 - Prostatitis (inflammation of the prostate gland)
 - Urethral scarring
 - Infertility
 - Epididymitis (inflammation of the epididymis, which are the elongated, cord-like structure that runs along the back of the testes.)
 - Reiter's syndrome (inflammation of the joints)



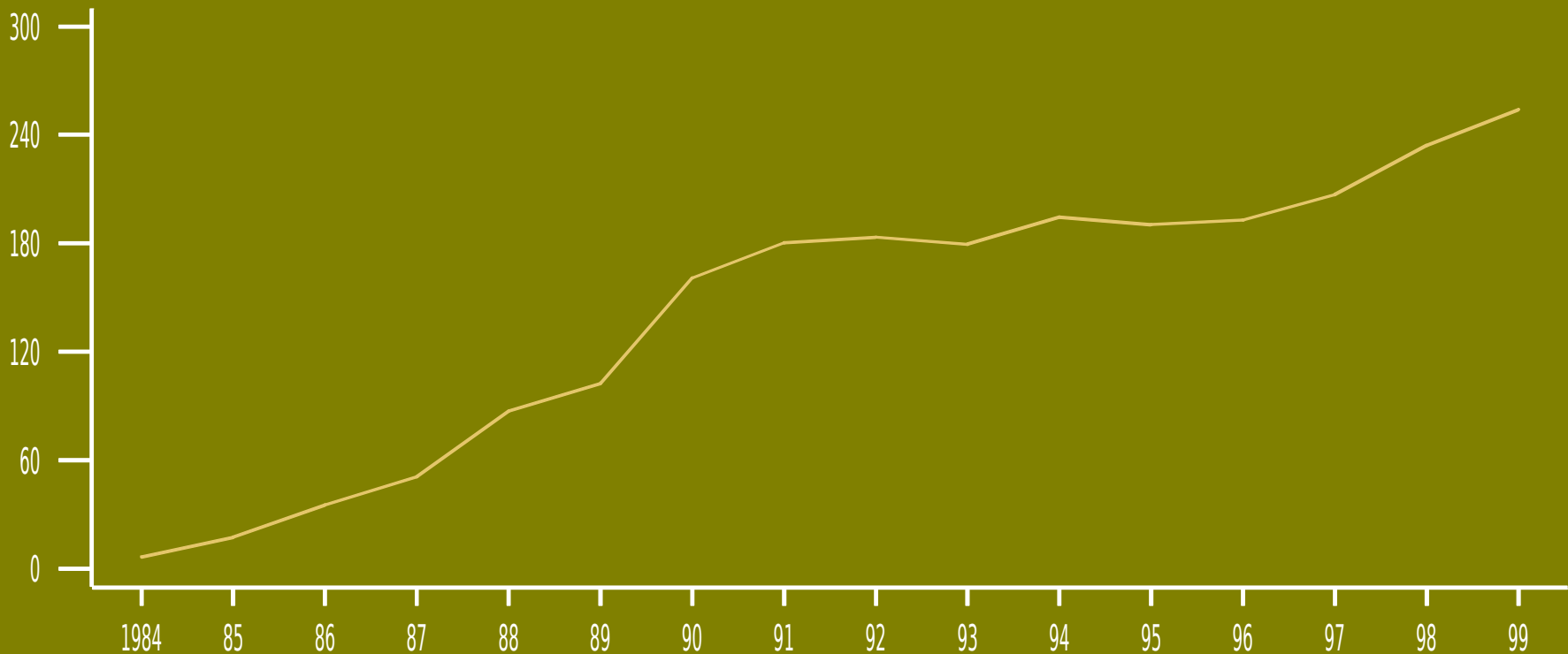
TREATMENT

- ***GO SEEK MEDICAL ATTENTION***
- ***DON'T WAIT***
- Drug therapy
 - FOLLOW UP WITH MEDICAL
 - DON'T SHARE MEDICATIONS



Chlamydia reported rates

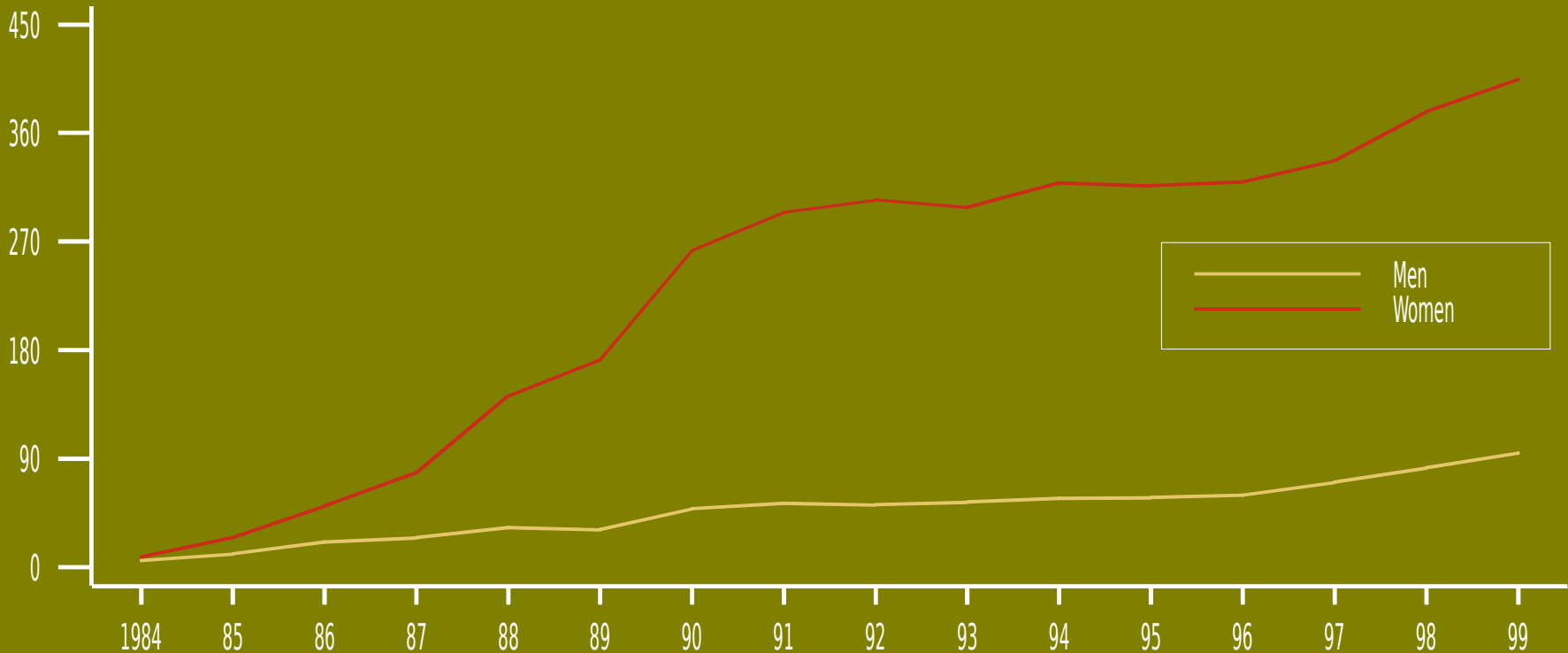
Rate (per 100,000 population)



3D Marines

Chlamydia Rates by Gender

Rate (per 100,000 population)



3D Marines

SYPHILLIS



3D Marines

What is syphilis?

- Syphilis is a curable infection caused by an bacteria called *Treponema pallidum*. Syphilis has three very distinct phases, each with unique signs.



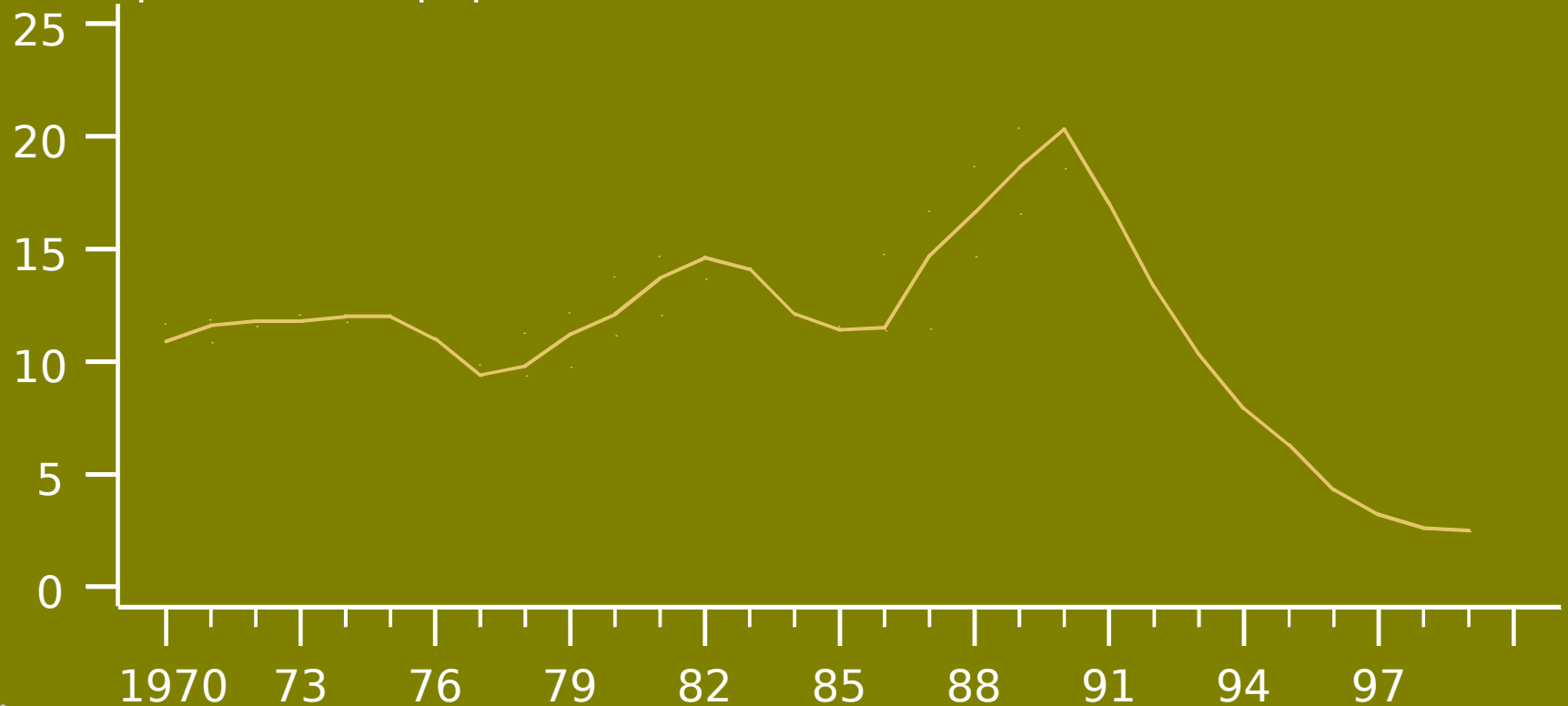
How common is it?

- In the United States: >6,000 cases were reported in 2001.
- Risk of contracting syphilis from an unprotected exposure may be as high as 50% !
- Exposure to syphilis increases your risk of contracting HIV 3 to 5-fold !!



Syphilis Reported Rates

Rate (per 100,000 population)



3D Marines

How do I get syphilis?

- Syphilis is passed during vaginal, oral and anal sex, even if there is no sexual penetration.
- It is most easily passed during the first phase because there is a sore.
- Someone in the latent phase may also pass the bacteria to a sex partner.
- Syphilis can spread easier if genital warts are present.



Signs or symptoms

- First phase, also called Primary Syphilis
Chancre
 - *Develops in ten to 90 days after contact with the bacteria (usually in 3-4 weeks)*
 - *Usually a single, painless sore, that might look like a crater.*
 - *The sore can last from one to five weeks.*
 - *It will go away by itself, but if you don't get treatment, you still have syphilis*



Second Phase

- *Develops from 17 days to 6 months after you are infected.*
- *A rash may appear on the palms of your hands or the soles of your feet and may last for two to six weeks.*
- *Sores that may look grayish-white in your mouth and throat, also around the cervix in women.*
- *Hair loss in patchy areas and a general sense of not feeling well.*



Third Phase

- Also known as “latency”
 - ***Develops from 2 to 30 year, or more, after infection.***
 - ***Small bumps (known as gummas) may appear on your skin, bones or internal organs.***



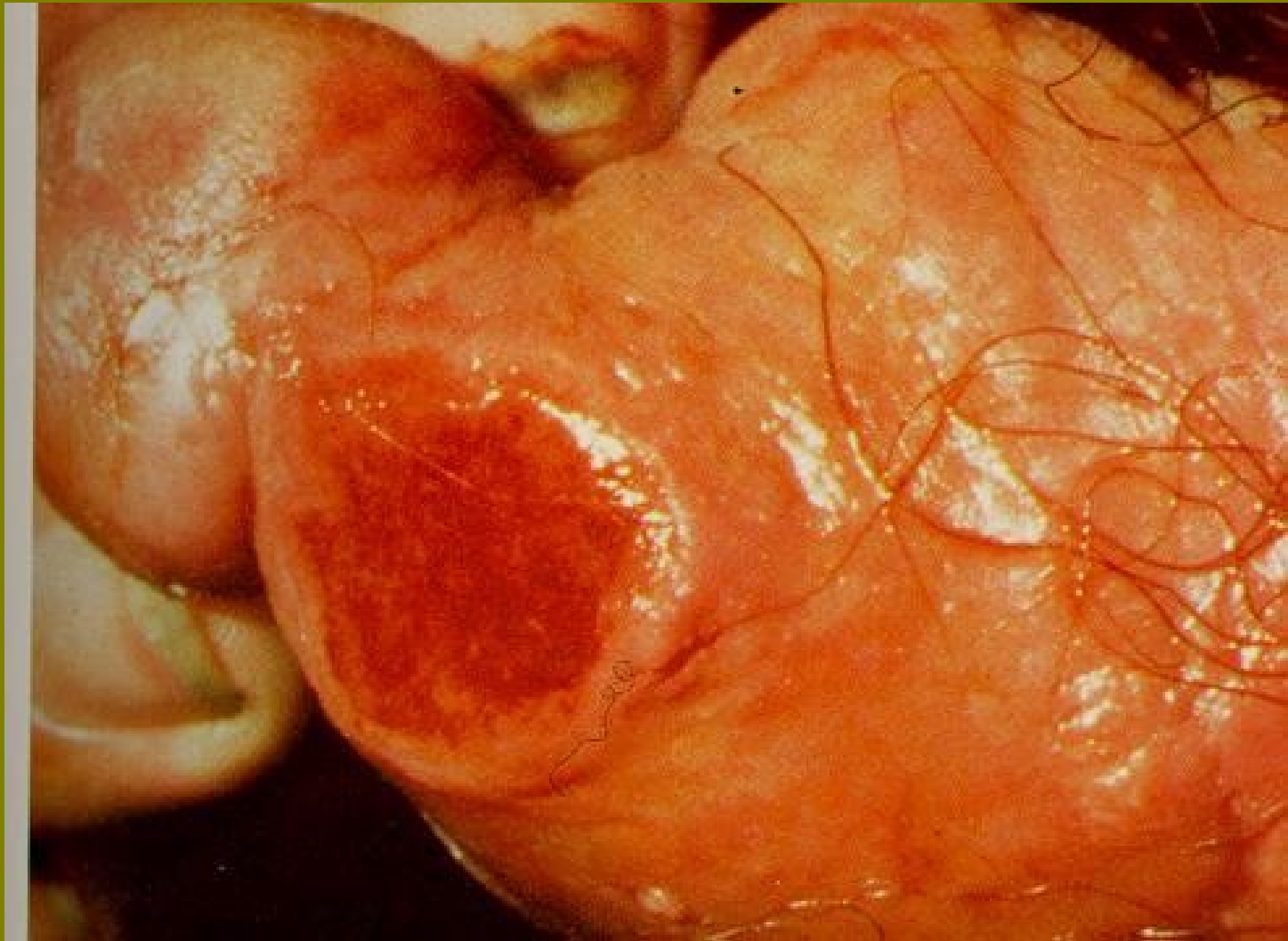
- *You have problems with your heart and blood vessels.*
- *You may go blind, or have problems with your central nervous system.*
- *If you get treated at this phase, you will stop future damage to your body, BUT you cannot repair or reverse the damage that has been done before you get treated.*



Why worry?

- *If you do not get treated, syphilis can cause blindness, paralysis, and problems with your bones and internal organs, including your heart.*
- **DEATH**





3D Marines

Secondary Syphilis



SD Marries

“Condyloma Lata” are characteristic of the second stage of Syphilis, and are HIGHLY infective!



3D Marines

Syphilis

- The initial painless ulcer of Syphilis



Syphilis (Continued)



Syphilis (Continued)





3D Marines



3D Marines

Syphilis (Continued)

Late or Tertiary Syphilis

- 1/3 of untreated patients develop this stage
- **Benign tertiary syphilis:** Characterized by lesions called gummas that may occur in any tissue or organ
- **Cardiovascular syphilis:** Causes necrosis in wall of aorta
- **Neurosyphilis:** May cause meningitis, dementia, or spinal cord degeneration (Tabes dorsalis)



Gummatous disease of palate, tongue, lips, jaw margin & nose

- Unable to eat & drink
- Fluids only x 2 mos.
- Infected 25 yrs. before by

TREATMENT

- ***GO SEEK MEDICAL ATTENTION***
- ***DON'T WAIT***
- Drug therapy
 - FOLLOW UP WITH MEDICAL
 - DON'T SHARE MEDICATIONS



HIV & AIDS



3D Marines

What does the Virus do?

- This virus damages cells in the immune (defense) system that fight off infections and diseases.



How common is the virus

- An estimated 800,000 to 1.2 million people in the United States are infected with the Human Immunodeficiency Virus (HIV).
 - A majority of these patients are heterosexual → HIV is not just a disease of the bisexual, gay, and lesbian population!



How do you get the virus

- same sex or the opposite sex
- unprotected anal, vaginal, and oral (mouth) sex through contact with infected semen, blood, or vaginal secretions



Americans are Dying

HIV/AIDS IS
INCURABLE AND
FATAL



3D Marines

Understanding the Enemy

“HIV” stands for Human Immunodeficiency Virus

- HIV attacks and eventually destroys the immune system, the body’s defense against infections

• When the immune system fails, “AIDS” develops



(Acquired Immuno Deficiency Syndrome)

3D Marines

The enemy is silent

**HIV Infection Occurs 6-12
weeks**

Positive HIV Test

NO SYMPTOMS 5-10 years



AIDS DEVELOPS

3D Marines

The enemy is deadly

There are NO CURES!



3D Marines

Dangerous Misconceptions

- HIV is a “gay disease”
- HIV is a “drug addict’s disease”
- HIV only happens to “someone else”
- Sex with an Active Duty member is “safe”



Even Marines are not immune

ARE TOUGH, BUT...

HIV doesn't care WHO YOU ARE

All that matters is WHAT YOU DO

Currently, male and female
Marines are being infected with
HIV!



3D Marines

Wake-up Call!!

Between 1986 and 1999:...

Nearly **600** Marines
Became Infected With
HIV



3D Marines

Avoiding the Ambush

- Know that HIV can infect you
- Understand how HIV attacks
- Take a hard look at your own vulnerabilities
- Formulate a BATTLE PLAN -- *NOW*



HIV Transmission: The enemy's tactics

- HIV does not strike “out of the blue” or at random
- To get HIV, a person must have contact with BLOOD, SEMEN, or VAGINAL SECRETIONS



Who can you trust with
your life?

You can't tell who is HIV
infected

Infected people look, feel, and
act healthy



3D Marines

When are you vulnerable
to attack?

HAVING SEX
IS THE MAIN WAY
HIV IS TRANSMITTED



Believe it or not

- Worldwide, HETEROSEXUAL contact is the #1 mode of HIV spreading
- In the U.S., HETEROSEXUAL contact is the fastest growing mode of HIV transmission



HIV and SEX:

Things to think about

- Oral, anal, or vaginal sex can transmit HIV
- More sexual partners = more HIV risk
- Sex with a prostitute is especially high risk. In some urban centers within our AOR, the incidence of HIV among prostitutes may be as high as 50% !



WHY WORRY?

- *Acquired Immune Deficiency Syndrome (AIDS)*
- *DEATH*



TREATMENT

- Currently there is no way to get rid of all the virus once a person is infected
- However, new medicines can slow the damage that HIV causes to the immune system.



HERPES



3D Marines

What is HERPES?

- Herpes is caused by a virus: the herpes simplex virus (HSV)
- There are two types of herpes simplex; herpes simplex virus type 1 (HSV-1) and herpes simplex virus type 2 (HSV-2).



How common is Herpes?

- About 50 percent to 80 percent of the adult population in the United States has oral herpes (predominately HSV-1)
- About one in five adults in the United States have genital herpes (predominately HSV-2), but only one-third of those people are aware that they have the virus



How do I get Herpes?

- Herpes is transmitted through direct skin-to-skin contact. This occurs when a contagious area comes into contact with a mucous membrane, primarily the mouth and genitals.



What are the symptoms of herpes?

- One or more sores, blisters, cuts, pimples, bumps
- Rash which itches, burns or tingles in the genital area
- Aches or pains in the genital area



- Flu-like symptoms
 - headache, fever, swollen glands in lymph nodes near groin
 - Painful urination and a discharge (vaginal or penile) are possible, but uncommon, symptoms for genital herpes





3D Marines

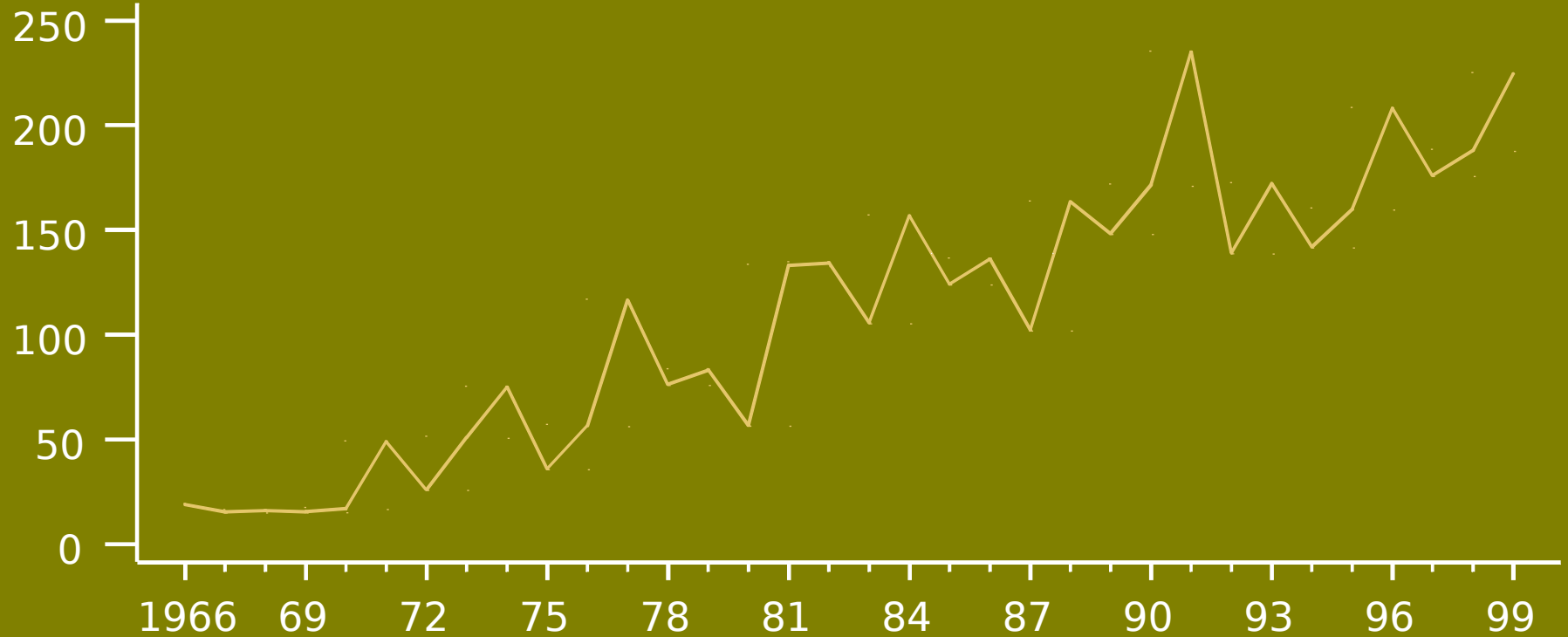
Treatment

- ***GO SEEK MEDICAL ATTENTION***
- ***DON'T WAIT***
- There is NO CURE
 - Treatment is to ***limit*** the severity, frequency, and duration of breakouts



Genital Herpes - Rates of New Infection

Visits (in thousands)



3D Marines

Genital Warts



3D Marines

Genital Warts

- Human Papilloma Virus (HPV) may cause a growth of soft, flesh-colored warts around the genital area or on the cervix.



How common is HPV?

- **In the United States, HPV is considered to be the most common sexually transmitted disease (STD).**



What are the symptoms of genital warts?

- ✓ growths or bumps
- ✓ raised or flat, single or multiple, small or large
- ✓ flesh-colored or whitish
- ✓ DO NOT cause itching, burning, or pain.



How often can episodes of genital warts occur?

- Some people only have one episode, while others have recurrences
- When warts are present, the virus is considered active
- When warts are gone, the virus is latent (sleeping) in the skin cells - it may or may not be contagious at this time
- Genital warts may or may not return after the first episode, but once infected, the virus is always there!



Warts usually appear within several weeks after sex with someone who has the wart-types of HPV, but may take months to years to occur.

Once infected, there is no “cure”.

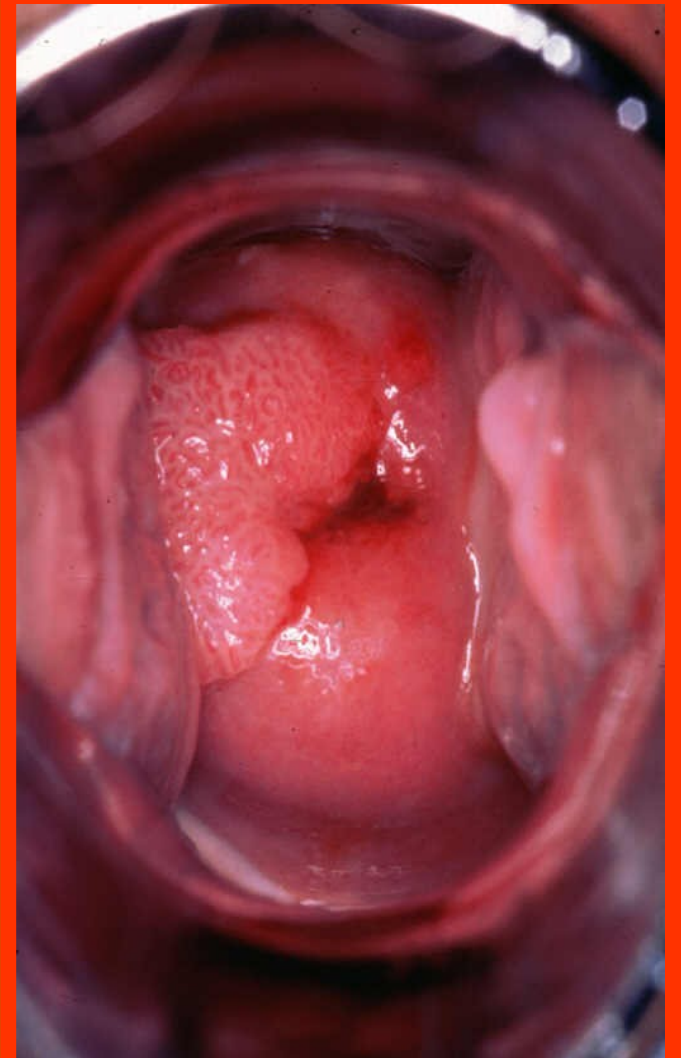


How can a person get genital warts

- Any person who is sexually active
- usually spread by direct skin-to-skin contact during vaginal, anal or (rarely) oral sex
- Genital warts are most likely to be transmitted when symptoms (warts) are actually present
- Warts on other parts of the body, such as the hands, are caused by different types of HPV (but are still contagious).



Genital warts appear as growths or bumps







3D Marines

Treatment

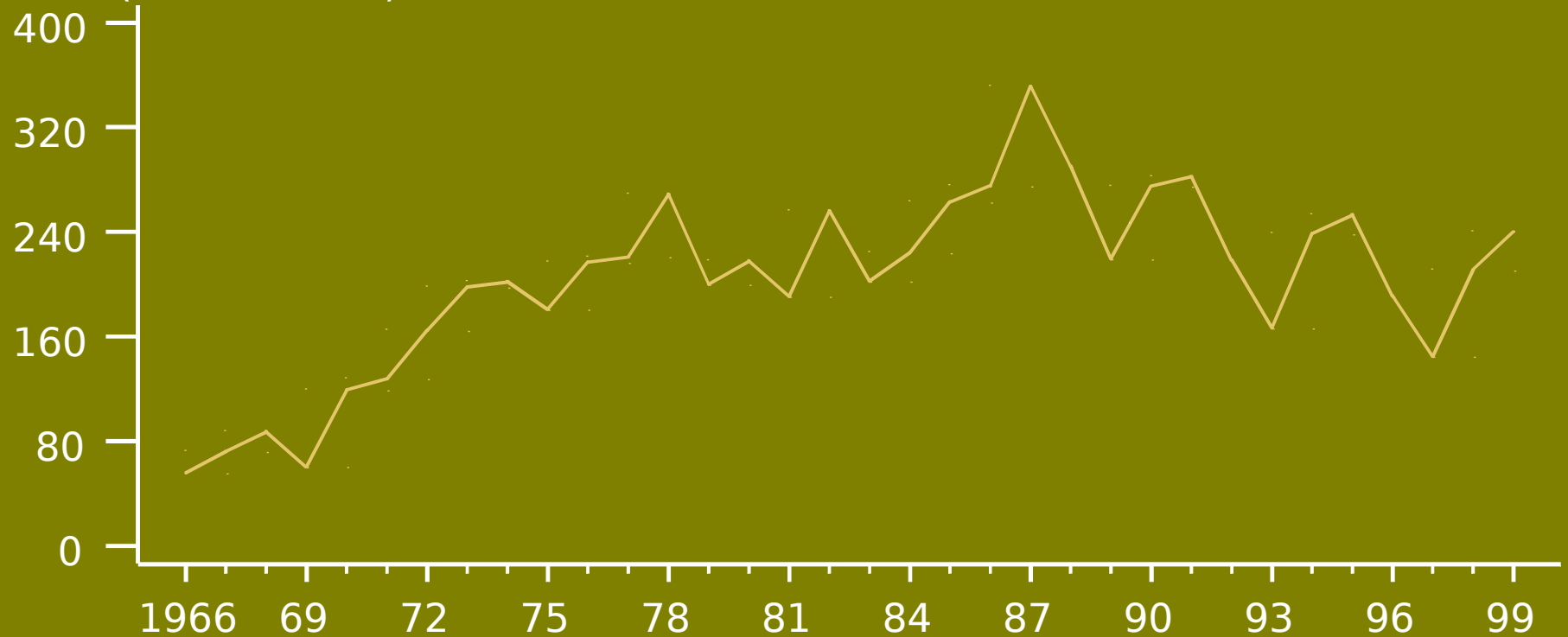
Wart Removal with liquid Nitrogen is
NO



3D Marines

Genital Warts - Rates of New Infection

Visits (in thousands)



3D Marines

STDs, HIV and Deployment: Entering an “enemy stronghold”

- STDs, including HIV, is rampant in Africa and parts of Asia, in locations where Marines often deploy
- Prostitution is a MAJOR CONTRIBUTOR
- Marines are being infected on deployments through prostitute contact



Battle Plan: for the safest sexual choice

- Don't have sex
- Have sex only with 1 steady partner who is negative for all STDs



Battle Plan: Lowering the Risks

If you choose to have sex:

- Avoid prostitutes and anyone with many partners
- Limit the number of partners you have
- Use a LATEX CONDOM every time



Condoms: “Body Armor”

- LATEX CONDOMS greatly lower the risk of HIV transmission, if used properly and every time
- Water-based lubricants increase the protection
- Oil-based lubricants damage condoms, thereby decreasing their protection (baby oil and vasoline)



- No condom is 100% effective

3D Marines

“Body Armor” for Female Marines

- The condom is also a WOMAN’S BODY ARMOR, even if is her partner wearing it
- The decision to use a condom affects BOTH male and female partners
- Take charge and insist on a condom



Alcohol: A powerful ally to STD's

- ALCOHOL can set you up for failure!
- ALCOHOL clouds your judgment making you more likely to take some big sexual risks
- Would you have “a couple of drinks” before a firefight with a heavily armed enemy?



The “Buddy System”: Taking care of our own

- On the battlefield, Marines watch out for each other
- Marines also watch out for each other on liberty (i.e. designated driver)
- Use the buddy system to keep a fellow Marine from doing something stupid or risky with STD's, including HIV



Use the Facts: Make a Battle Plan

- Avoid the enemy when possible -- don't have sex
- Be wary of STD's, including HIV's powerful ally, ALCOHOL
- Carry "body armor" if you might see action
 - (Use it every time you engage in sexual activity)
- Use the buddy system to protect fellow Marines from danger. Make sure they know the facts and protect themselves.



Battle Plan on Deployments

PROSTITUTES OVERSEAS
are a
HUGE HIV & STD RISK



Needles & Tattoos: Another Red Flag

- Needles should NEVER be shared or re-used -- NOT FOR ANYTHING!
- Re-using or sharing a needle means injecting someone else's blood into YOU (and possibly HIV with it)
- Getting a tattoo can be risky, especially overseas -- Licensed U.S. tattoo parlors are the safest



HIV Hits Families

- Babies born to HIV positive mothers can be born HIV infected
- Breast feeding mothers who are HIV positive can pass the infection to their babies
- This is another reason not to bring HIV home to your loved ones



You **CANNOT** get HIV from:

- a toilet seat
- being coughed or sneezed on
- sharing eating utensils
- living with someone who is HIV positive
- sharing a bathroom
- tears, saliva, or sweat
- casual contact



WHY?

Because they don't involve:

- BLOOD
- SEMEN
- VAGINAL SECRETIONS



Navy/Marine Corps Policy on HIV testing

- Deployable forces and personnel in overseas billets have annual HIV testing
- If you are treated for a sexually transmitted disease or substance abuse, you are tested for HIV
- Your HIV status remains CONFIDENTIAL



What happens if you are HIV positive?

- If you are HIV positive, you will be assigned to a non-deployable billet in the U.S.
- You can re-enlist and be promoted
- You may stay on active duty as long as you remain well and can still do your job
- Once you become sick, a medical board is held to medically retire you, with full medical benefits



Summary

- HIV is transmitted through blood, semen and vaginal secretions
- Abstinence is only risk free behavior when it comes to HIV and other STDs.
- Using a latex condom will reduce risk



Questions?



3D Marines